



KRIYA YOGA CENTRE VIENNA

International Organisation for the Promotion of the authentic original Kriya Yoga by Babaji, Lahiri Mahasaya, Shriyuktेश्वarji, Bhupendranath Sanyal, Paramahansa Yogananda, Swami Satyananda Giri, Paramahansa Hariharananda and Paramahansa Prajnanananda, ZVR: 832661361

A-2523 Tattendorf, Pottendorferstrasse 69 - A-1150 Wien, Diefenbachgasse 38/6
☎ 0043-2253-81491, Email: kyc@kriya.eu, www.kriya.eu, www.kriya.org



"Offer everything, including your breath, to God."

- Paramahansa Hariharananda -

Kriya Yoga Programs in Tattendorf 2019

Teachers: Rajarshi Peter van Breukelen – PvB, Swami Mangalananda Giri – SMG,
Yogacharya Claudia Cremers – YCC, Yogacharya Petra Helwig – YPH, Yogacharya Uschi Schmidtke -YUS

Programmes	Date	Acharyas
Seminar	25 th – 27 th January	Yogacharya Uschi Schmidtke
Seminar	29 th – 31 st March	Swami Mangalananda Giri
Seva Days - free board and lodging * Arrival April 26 evening, departure May 03 or 04 morning	27 th April – 03 rd /04 th May	Swami Mangalananda Giri Yogacharya Uschi Schmidtke
Birthday Celebration of P. Hariharananda 27th May		
Seminar – First & Higher Kriya Retreat**	05 th – 12 th June	Swami Achalananda Giri PvB, SMG, YPH, YCC, YUS
International Day of Yoga	21st June	Swami Achalananda Giri + Local Yoga Teachers
Guru Purnima Celebration	16th July	
Seminar	19 th – 21 st July	Yogacharya Uschi Schmidtke
Seva Days - free board and lodging * Arrival 21 st July evening, departure 26 th July morning	22 nd – 25 th July	Swami Mangalananda Giri Yogacharya Uschi Schmidtke
Birthday Celebration of P. Prajnanananda 10th August		
Seminar	04 th – 11 th September	Swami Atmavidyananda Giri PvB, SMG, YCC, YPH, YUS
21st Ashram Foundation Day 6th September		
Seminar	15 th – 17 th November	Swami Mangalananda Giri
Paramahansa Hariharananda's Mahasamadhi Day 3rd December		
Seminar	24 th Dec. – 01 st Jan. 2020	Swami Mangalananda Giri Yogacharya Uschi Schmidtke

Initiation into the authentic Kriya Yoga is possible at the beginning of each seminar

For the initiation you need: ☸ Five flowers, ☸ five fruits and ☸ a donation of € 150.-

** The Higher Kriya Seminar is for anyone who is already initiated into Kriya II or higher, and also for those who have practiced Kriya I for a minimum of 3 years and who have additionally got permission from a Kriya teacher to be initiated into Kriya II.

Seminar fee for a weekend (January, March, July, November) € 116,-; includes board and lodging

Seminar fee for a weekend (January, March, July, November.) € 90,-; board only

Seminar fee for First & Higher Kriya Retreat, and Ashram Foundation Seminar

(June, September) € 64,- per day; includes board and lodging

Seminar fee for First & Higher Kriya Retreat, and Ashram Foundation Seminar

(June, September) € 51,- per day; board only

Seminar fee for the Christmas- seminar (December) € 58,- per day; includes board and lodging

Seminar fee for the Christmas- seminar (December) € 45,- per day; board only



Those who are already initiated are warmly welcome to the daily meditations in our Centre in Tattendorf and to the weekly meditations in Vienna. The Kriya Yoga Centre is open all year round, even when no major seminars are taking place. Tattendorf is a special place, blessed by Paramahansa Hariharananda. Please feel welcome to visit at any time. Thanks to the expansion of our ashram in Tattendorf, we now have the opportunity to offer you **Self Retreats for personal practice**.
(more info under kyc@kriya.eu)



* **Meditative Seva Days: 27th April – 03rd/ 04th May and 22nd – 25th July**
with Swami Mangalanandaji and Yogacharya Uschi Schmidtke - stay for free
(Arrival April 26 and July 21 evening / Departure May 03 or 04 and July 26 morning)

These days offer the opportunity to connect our spiritual practice with practical support and help in the house and garden. Seva is your voluntary contribution and offers the chance to be part of the self-organized project "Kriya Yoga Centre". Each day there will be guided meditations at 5:45 a.m. / 11:30 a.m. / 7:00 p.m.



We have **regular office hours** in our Tattendorf Centre as follows:

Daily from **8:30 to 11:30am, afternoon 2:00 – 5:30pm**

During these hours you can reach us by calling: +43 2253 81491

At other times please leave your message on the answering machine and we will get back to you as soon as possible!

Daily meditations in Tattendorf-Ashram / Austria:

Guided by a Yogacharya or with tape at **5.45 a.m.** (in silence), **11.30 a.m.** and **7.00 p.m.**

Daily recorded lectures given by Paramahansa Prajnanananda at **6.00 p.m.**
(you may give us a short call, if you would like to come for meditation or a lecture)



„Sunday Satsang“

Through meditation and satsang we are able to deepen our practice and experience some spiritual reciprocity.
We will conclude the morning with a shared Lunch.

"Strong desire, keeping good company and practice are the three steps for quick spiritual evolution.
- Shri Bhupendranath Sanyal

Program:

09:30-10:45 II. Kriya Meditation (CD)

11:00-11:30 Satsang (lectures, stories, bhajan singing, chanting contributed by Ashramites)

11:45-12:45 I. Kriya Meditation (guided meditation)

13:00 Lunch (to register, email kyc@kriya.eu till Saturday evening)

In the afternoon there will be the option to do some Seva (practical help in house and garden).
(During seminars at the Kriya Yoga Centre there will be no "Sunday Satsang").

**Weekly meditations in Vienna with Swami Mangalanandaji,
Yogacharya Uschi Schmidtke, Ashramites or guided with recording**

Wednesdays, at 6:45 p.m. (beginning at 7 p.m.) but not during the seminars in Tattendorf

Venue: 1150 Vienna, Diefenbachgasse 38/6

(U6 or U4, Station Längenfeldg. – Exit Storchensteg),

Only initiated persons may attend the Kriya Yoga Meditation.

Programmes in India

14 – 20th January 2019 20th International Intensive Kriya Yoga Seminar at the Hariharananda Gurukulam - Balighai, Puri/ Odisha
(Please register with the Kriya Yoga Centre Vienna)

14 – 20th January 2020 21st International Intensive Kriya Yoga Seminar in Balighai, Puri/ Odisha

"We are all immortal souls, nobody is big or small."

- Shri Lahiri Mahasaya - Divine Blossoms